

Lambeth Fix Yourself a Break scheme

What is the Fix Yourself a Break scheme?

It is a grant scheme to help support carers who are finding it hard to cope. Under the scheme you could apply for up to £200 to help pay for a short break or to get goods or services to help support you in your caring role.

What can the grant be used for?

This grant is flexible and can be used to pay for an activity or item that gives you more time for yourself. This might include:

- Leisure activities
- Holidays
- Time with friends
- Sitting services
- Education and learning
- Transport costs
- Money towards a washing machine to reduce time spent at the launderette

Do I qualify for a FYAB grant?

To be eligible for a grant you must:

- be over 18 years of age
- be caring for 20 hours or more per week
- be caring for a Lambeth resident
- have received a formal carers assessment
- not be receiving other forms of respite services
- not have already received a FYAB grant within the current financial year

The money available for grants is limited so they will be awarded on a 'first come first served' basis.

How do I apply?

To apply to the scheme you first need to have a FYAB carers' assessment. If your assessment shows that you would benefit from a break, Lambeth Adults' and Community Services department will process your application. Grants will be awarded if you meet the eligibility criteria and sufficient funds are available.

How do I get a FYAB Carers Assessment?

From the 1 September 2009 to request a FYAB carers' assessment contact Lambeth Adults' and Community Services on 020 7926 5555.

Alternatively you can contact one of the following organisations which can also help with FYAB carer assessments, depending on the needs of the person you are caring for:

Organisation Client Group Phone number :

Lambeth Carers' Hub Enquiry Line [general enquiries about FYAB] 020 7642 0038

Age Concern Lambeth - Older People 020 7733 0528

Alzheimer's Society Lambeth branch - Older People with dementia 020 7095 1531

Lambeth Mencap - Learning Disabilities 020 8655 7707

Making Space - Mental Health 0207 326 0298

Disability Advice Service Lambeth - Physical and Sensory Impairments 020 7738 5656